

MUSCLES INVOLVED IN RESPIRATION

By :

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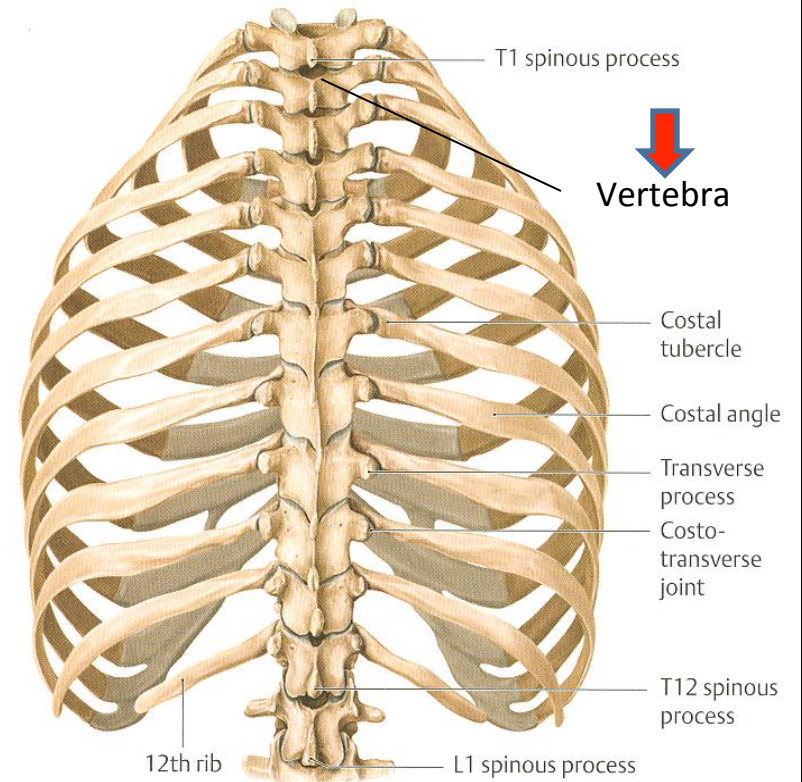
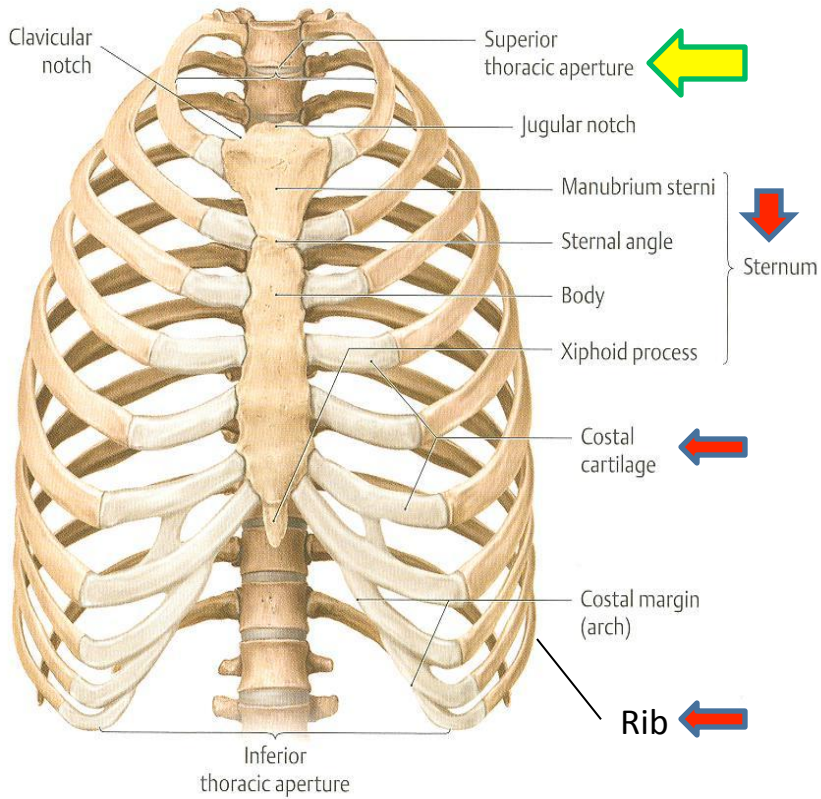
Dr. Sanaa Alsharawy

OBJECTIVES

At the end of the lecture, students should:

- *Describe the components of the thoracic cage and their articulations.*
- *Describe in brief the respiratory movements.*
- *List the muscles involved in inspiration and in expiration.*
- *Describe the attachments of each muscle to the thoracic cage and its nerve supply.*
- *Describe the origin, insertion, nerve supply of diaphragm.*

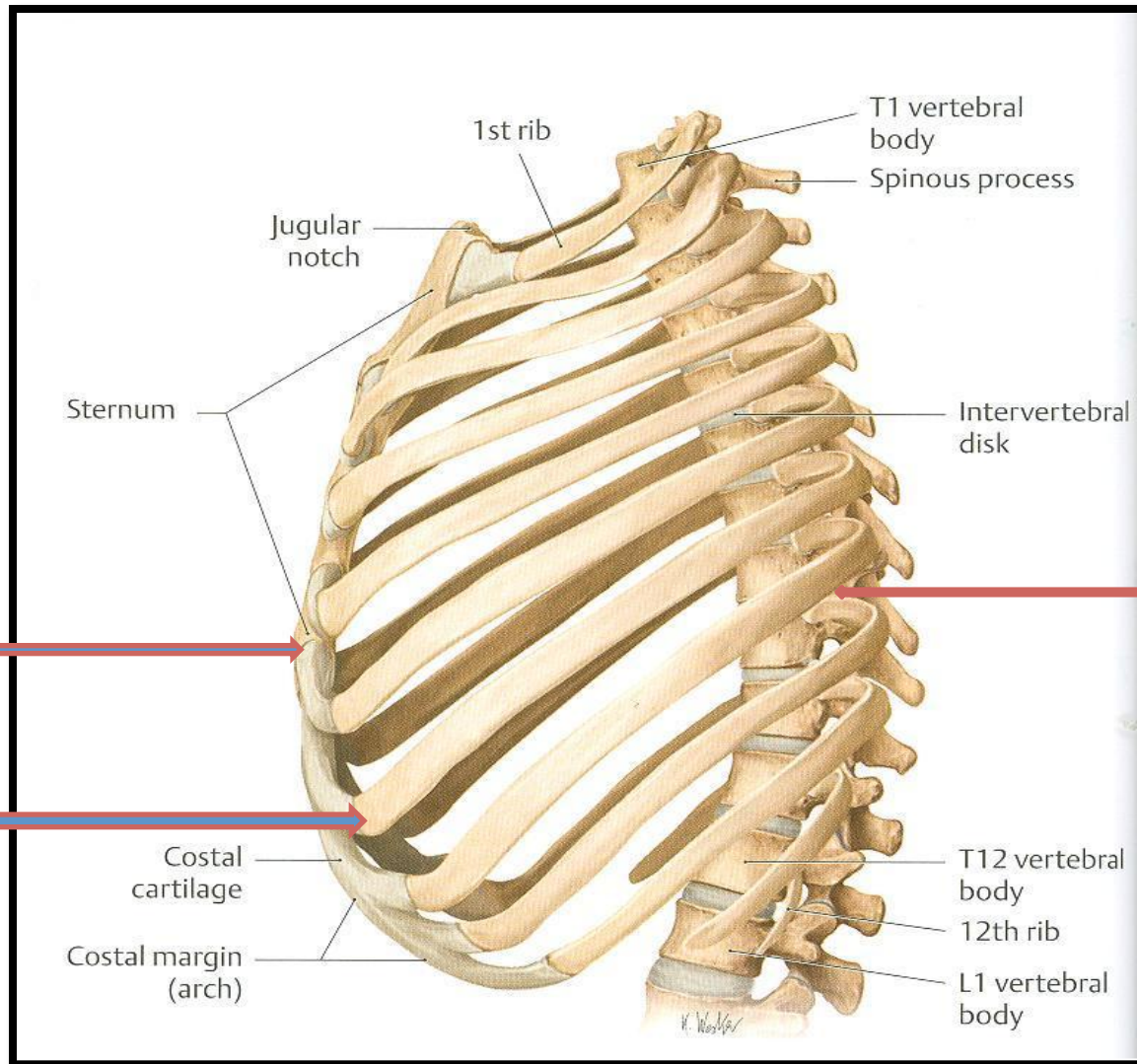
THORACIC CAGE



THORACIC CAGE

- ❑ **Conical** in shape
- ❑ Has 2 apertures (openings):
 1. **Superior (*thoracic outlet*)**: narrow, open, continuous with neck
 2. **Inferior**: wide, closed by diaphragm
- ❑ Formed of:
 1. **Sternum & costal cartilages**: *anteriorly*
 2. **Twelve pairs of ribs**: *laterally*
 3. **Twelve thoracic vertebrae**: *posteriorly*

ARTICULATIONS



Sternocostal

- 1st costal cartilage: articulates with manubrium by a primary cartilaginous j.
- From 2nd to 7th cartilages articulate with sternum by synovial js.

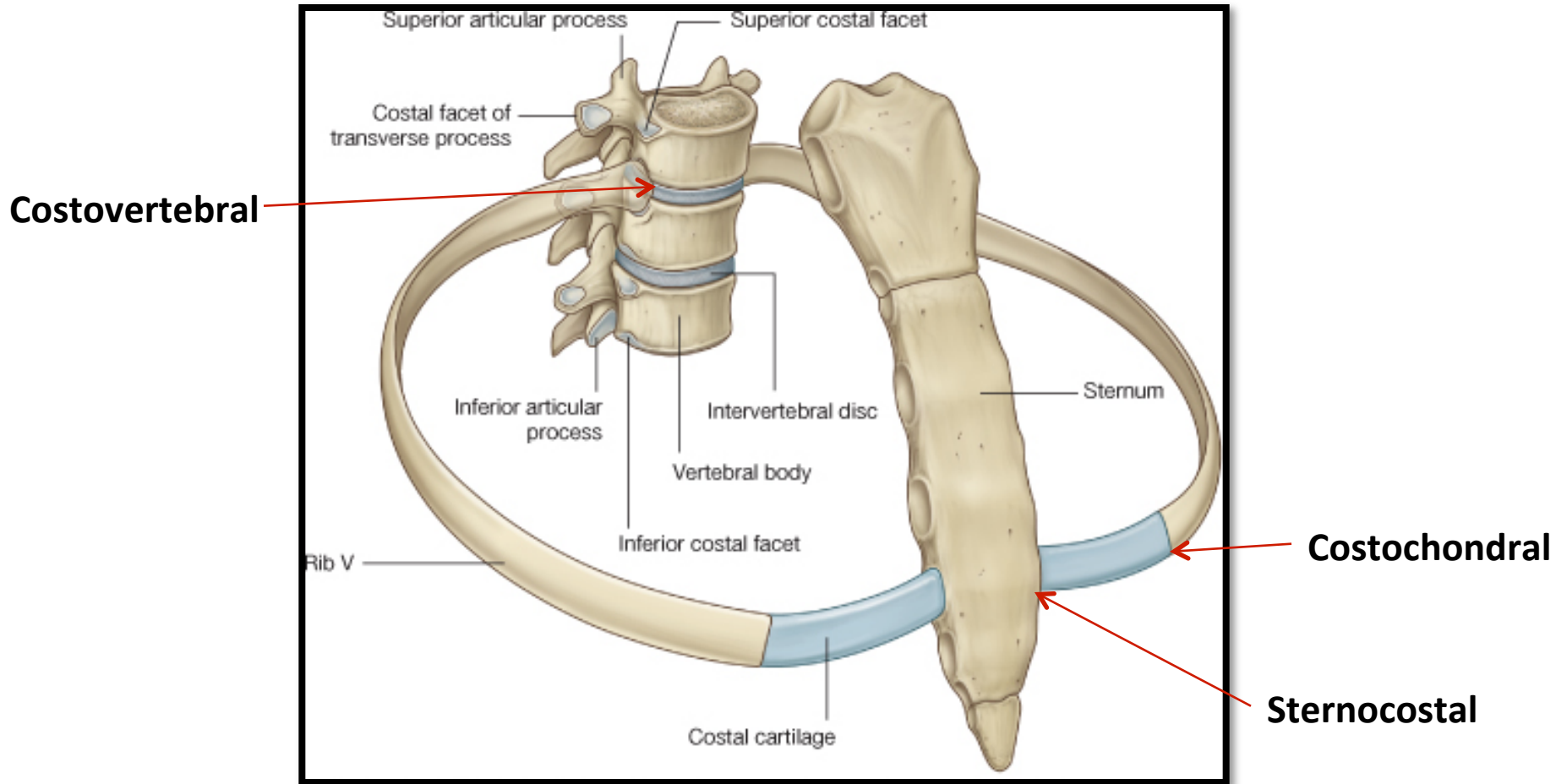
Costochondral

- Between the costal cartilage and the ribs
- Cartilaginous j.

Costovertebral

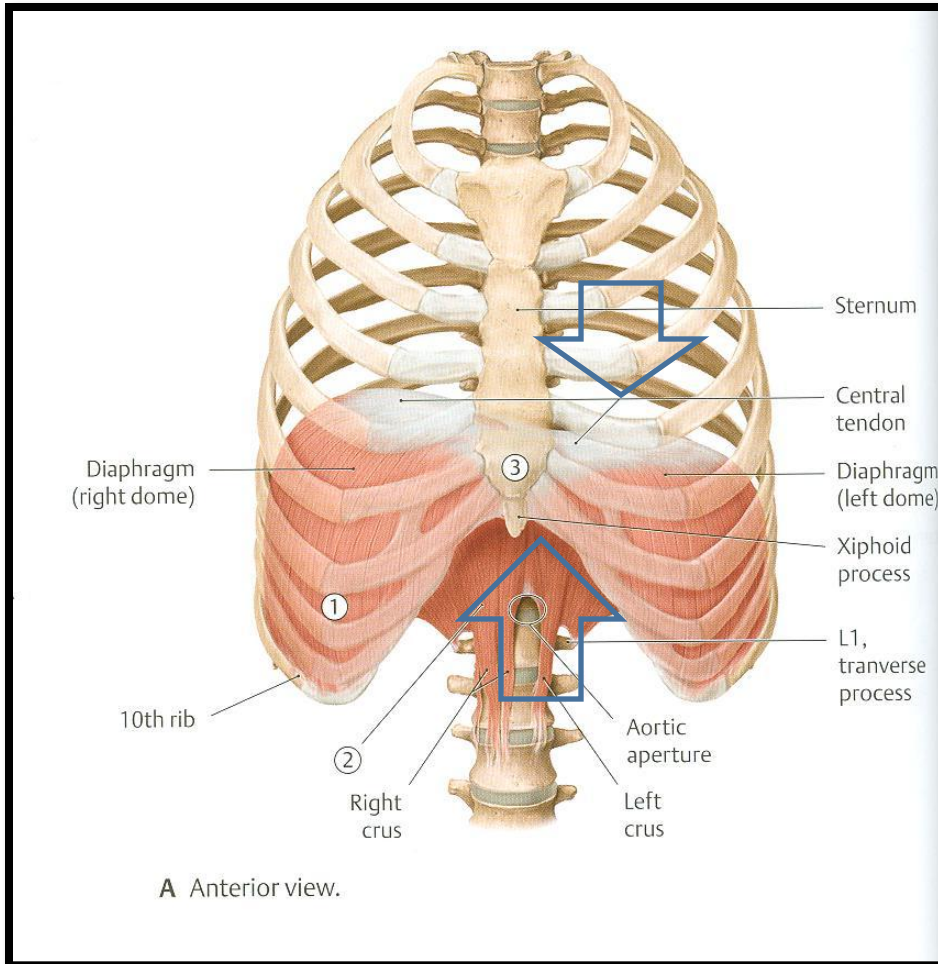
- These are plane synovial joints.
- Between heads of ribs & thoracic vertebrae.

ARTICULATIONS



RESPIRATORY MOVEMENTS

A- MOVEMENTS OF DIAPHRAGM



Inspiration

Contraction (descent)
of diaphragm



Increase of vertical diameter
of thoracic cavity

Relaxation (ascent)
of diaphragm)

Expiration

RESPIRATORY MOVEMENTS

B- MOVEMENTS OF RIBS

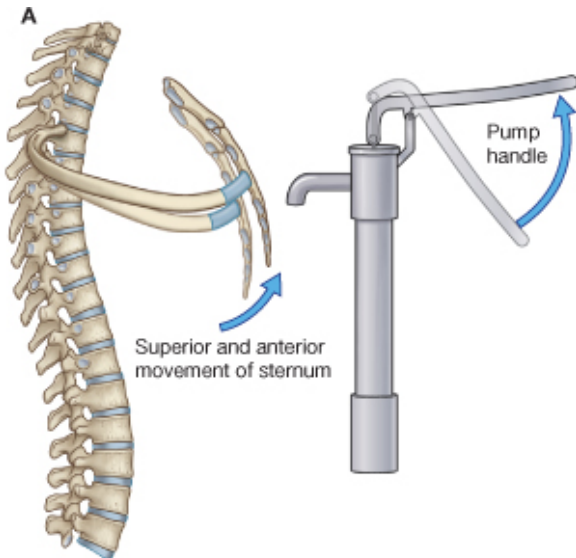
(In Normal Inspiration)

PUMP HANDLE MOVEMENT

Elevation of ribs



Increase in antero-posterior diameter of thoracic cavity

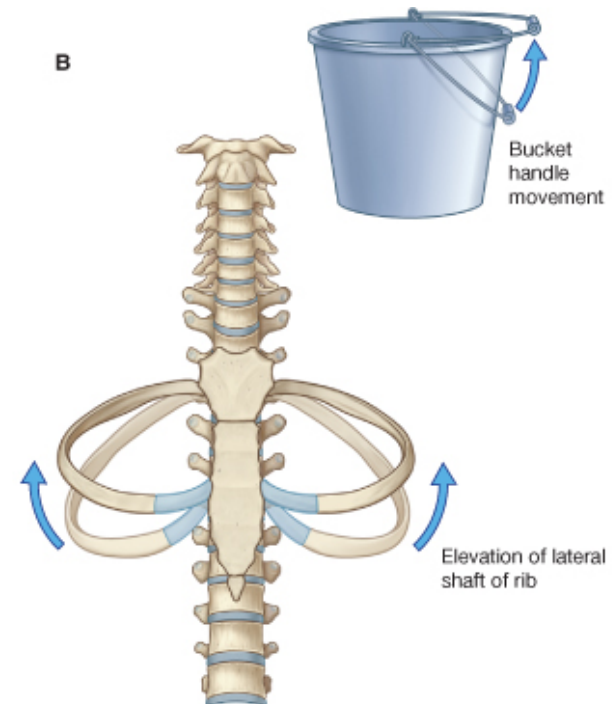


BUCKET HANDLE MOVEMENT

Elevation of ribs



Increase in lateral (transverse) diameter of thoracic cavity



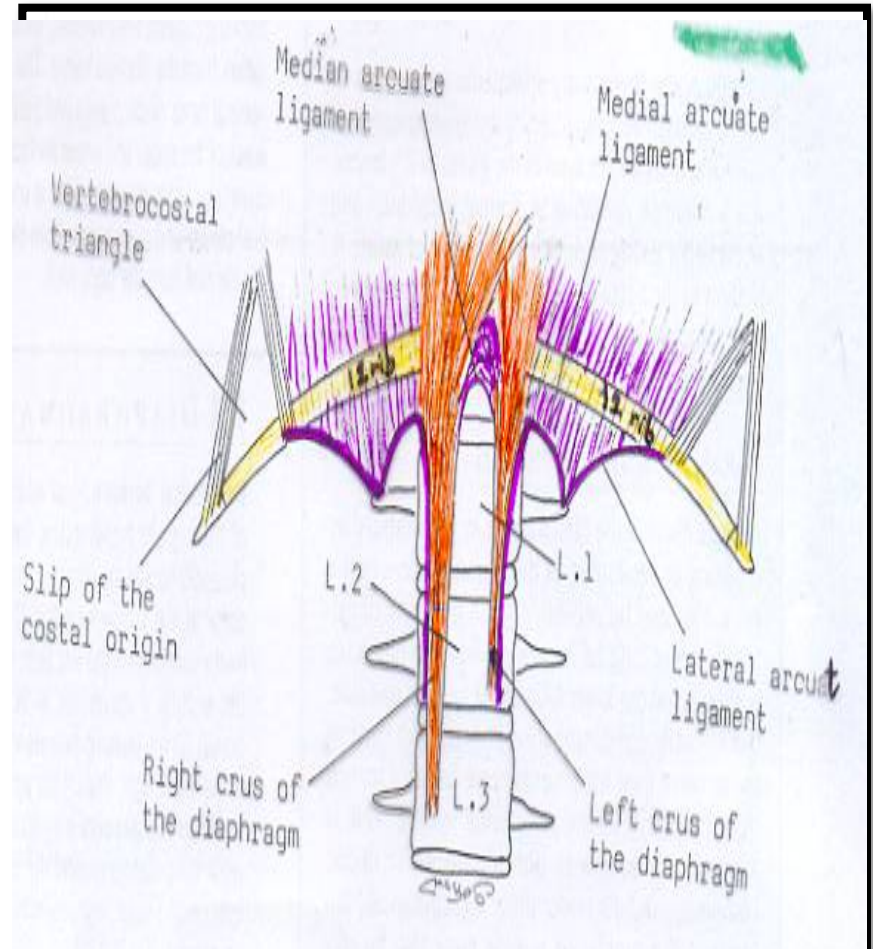
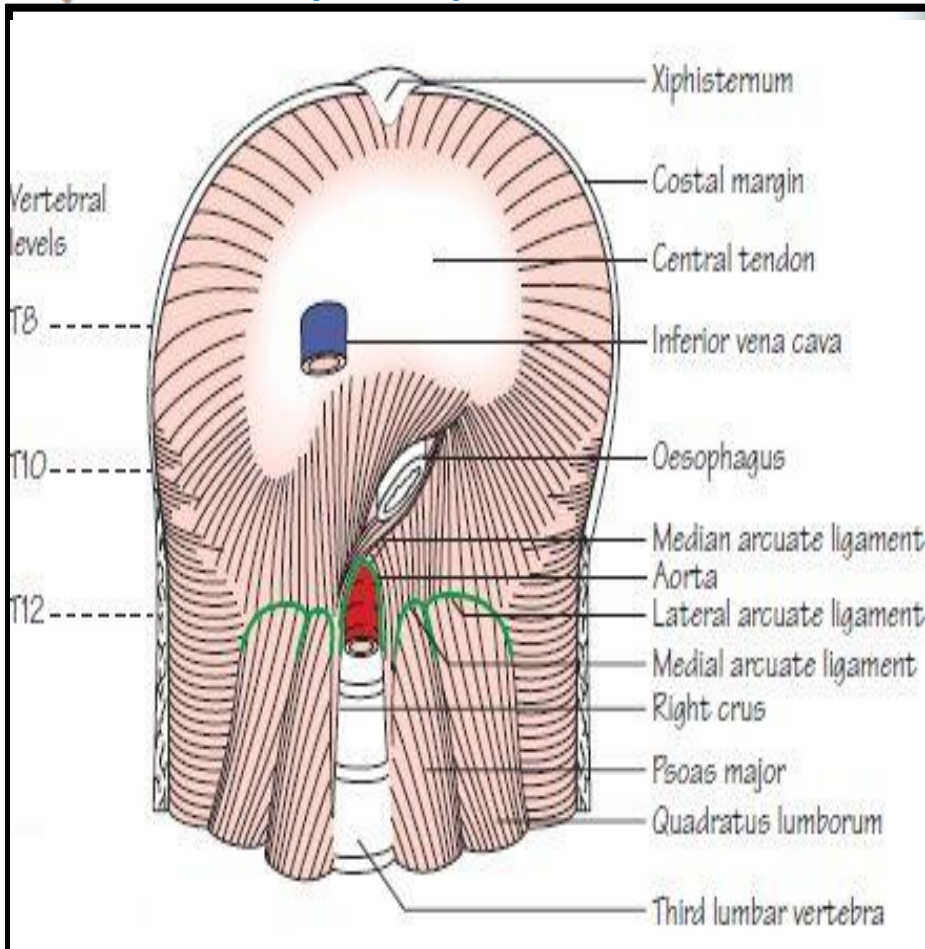
INSPIRATORY MUSCLES

- ❑ **Diaphragm** (most important muscle)
- ❑ **Rib elevators: external intercostal muscles**
- ❑ **Accessory muscles** (only during forced inspiration) :
 1. **Muscles attaching cervical vertebrae to first & second rib: scalene muscles**
 2. **Muscles attaching thoracic cage to upper limb: pectoralis major**

ORIGIN OF DIAPHRAGM

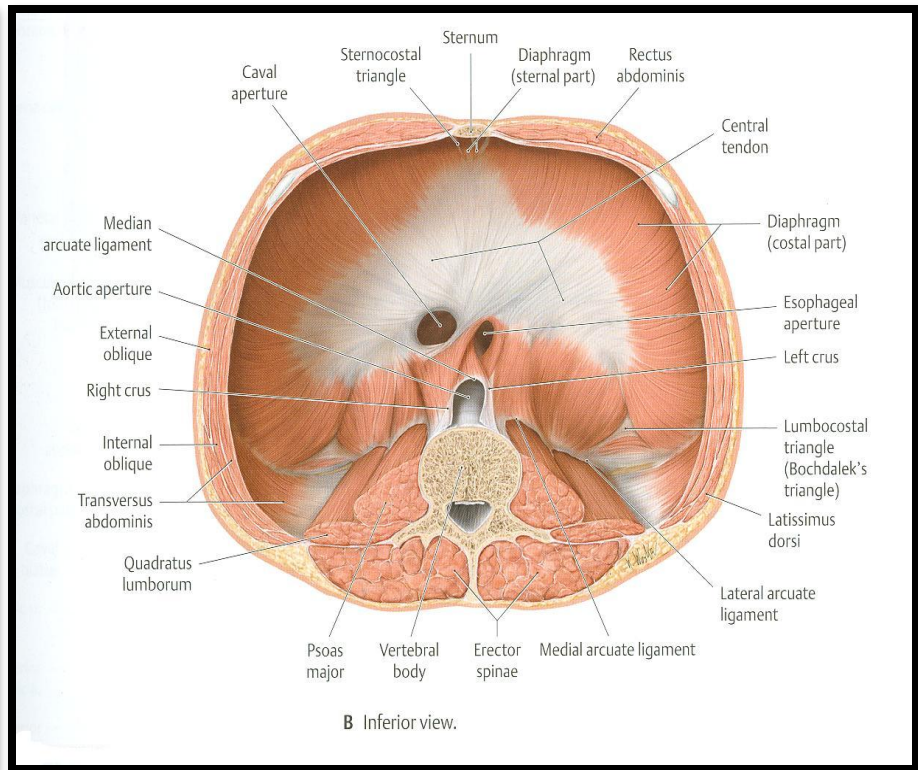
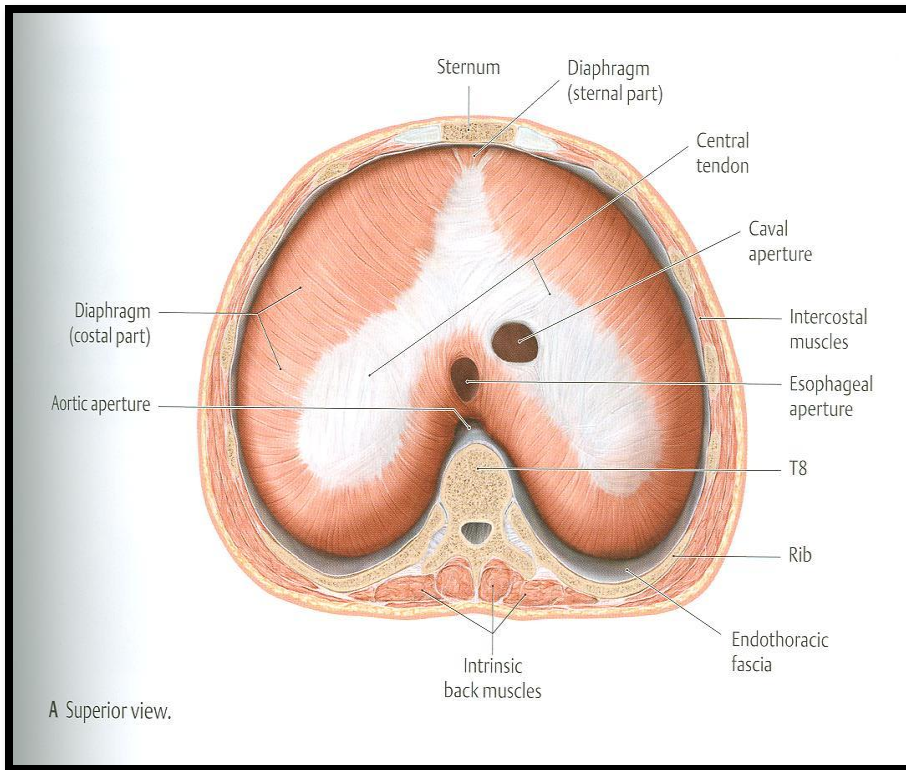
- 1) **Costal:** lower 6 costal cartilages
- 3) **Sternal:** xiphoid process of sternum

- 2) **Vertebral:** upper 3 lumbar vertebrae
(right & left crus + arcuate ligaments)



INSERTION OF DIAPHRAGM (CENTRAL TENDON)

➤ (lies at the level of xiphisternal joint, at 9th thoracic Vertebra)



DIAPHRAGM

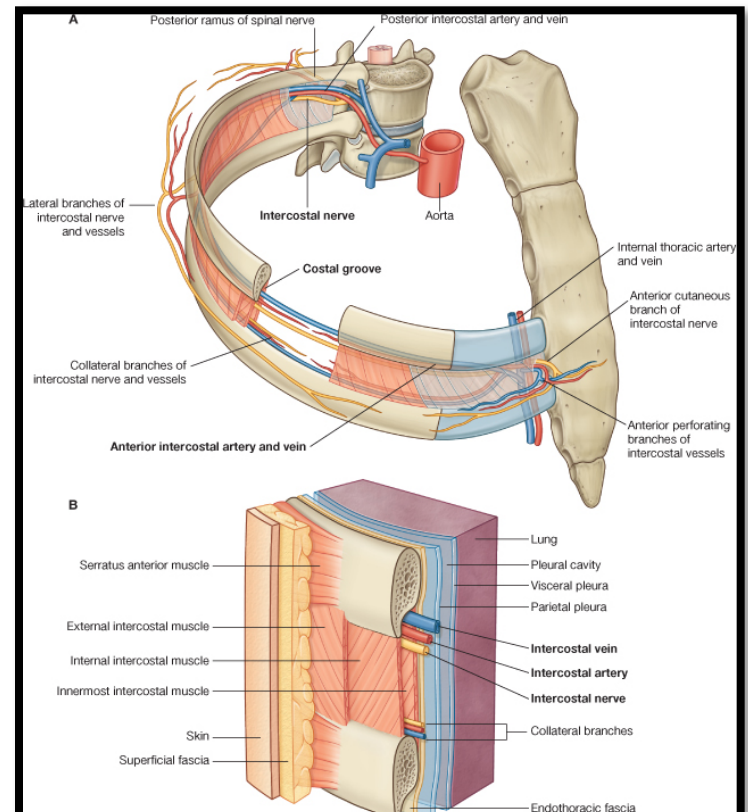
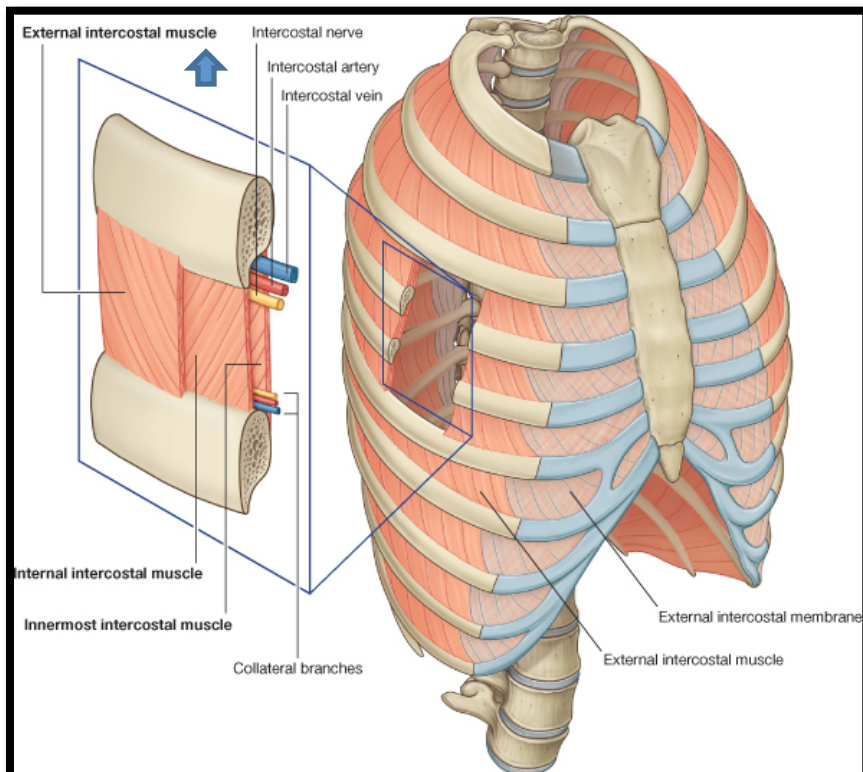
- **A musculotendinous partition** between thoracic & abdominal cavity
- **Convex toward thoracic & concave toward abdominal cavity**
- **Attached to: sternum, costal cartilages, 12th rib & lumbar vertebrae**
- **Fibers converge to join and inserted into the central tendon**
- **Nerve supply: phrenic nerve (C3,4,5), penetrates diaphragm & innervates it from abdominal surface**
- **Action: contraction (descent) of diaphragm increase vertical diameter of thoracic cavity (essential for normal breathing)**

EXTERNAL INTERCOSTAL

(Inspiratory Muscle)

- **Attachments:** from lower border of rib above to upper border of rib below
- **Direction of fibers:** downward & medially

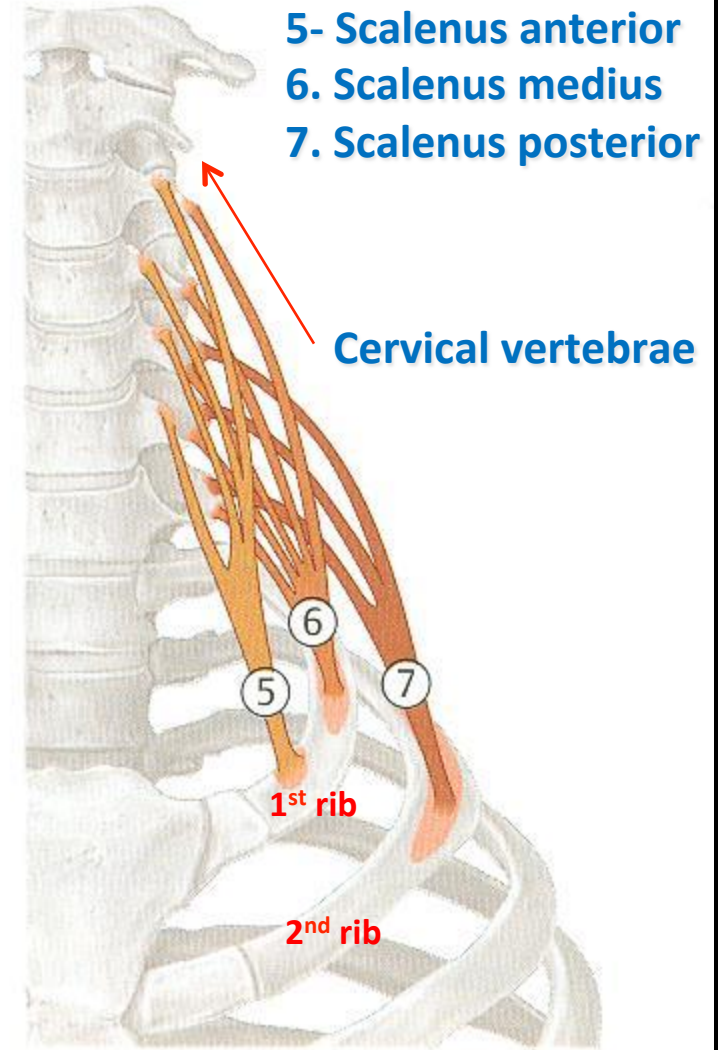
- **Nerve supply:** intercostal nerves
- **Action:** rib elevators (inspiratory)



SCALENE MUSCLES

(In Forced Inspiration)

- **Origin:** cervical vertebrae
- **Insertion:** 1st & 2nd ribs
- **Action:** elevates 1st & 2nd ribs (inspiratory)



B Scalene muscles, anterior view.

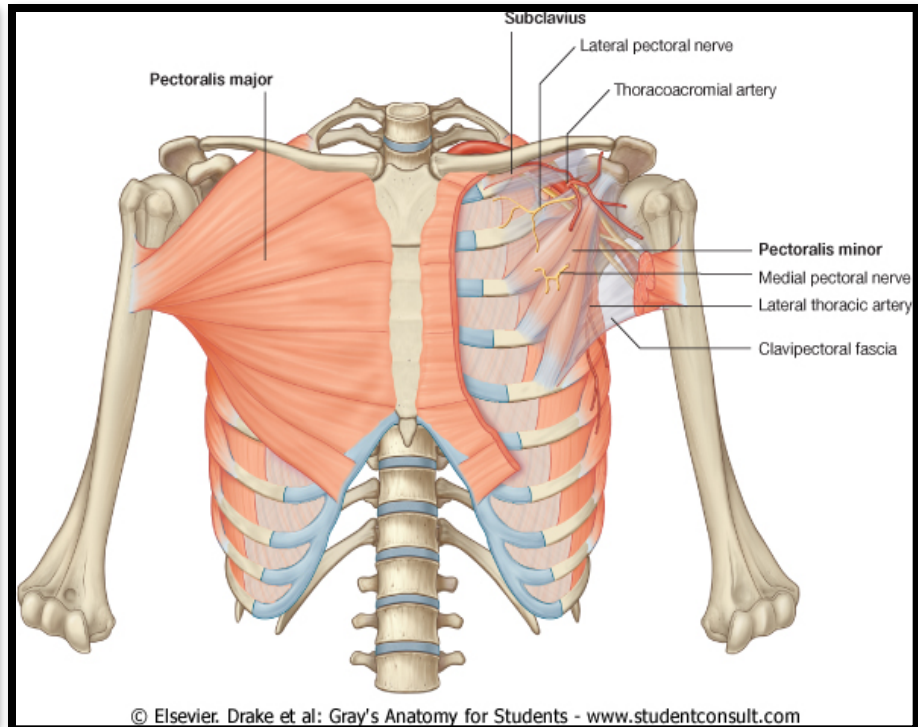
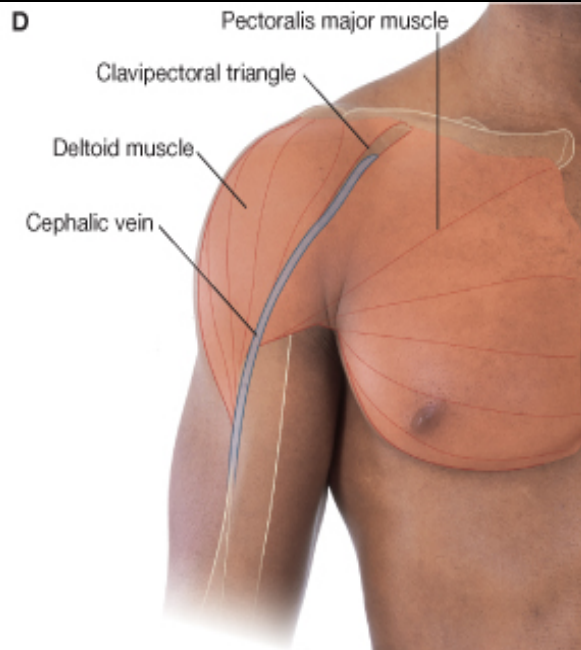
PECTORALIS MAJOR

(In Forced Inspiration)

▪ **Origin:** sternum + costal cartilages

▪ **Insertion:** humerus

▪ **Action:** increases antero-posterior diameter of thoracic cavity, when arm is fixed (inspiratory)



EXPIRATORY MUSCLES

□ Act only during forced expiration

- **Rib depressors:**

1. Internal intercostal
2. Innermost intercostal
3. Subcostals
4. Transversus thoracis

- **Anterior abdominal wall muscles:**

(Compression of abdominal viscera to help in ascent of diaphragm).

1. External oblique
2. Internal oblique
3. Transversus abdominis
4. Rectus abdominis

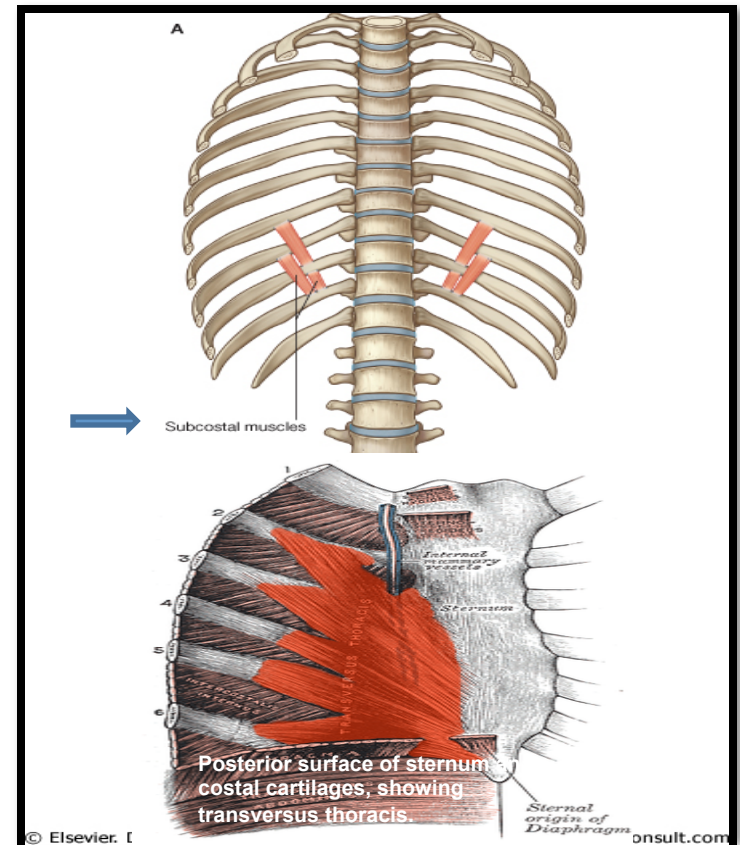
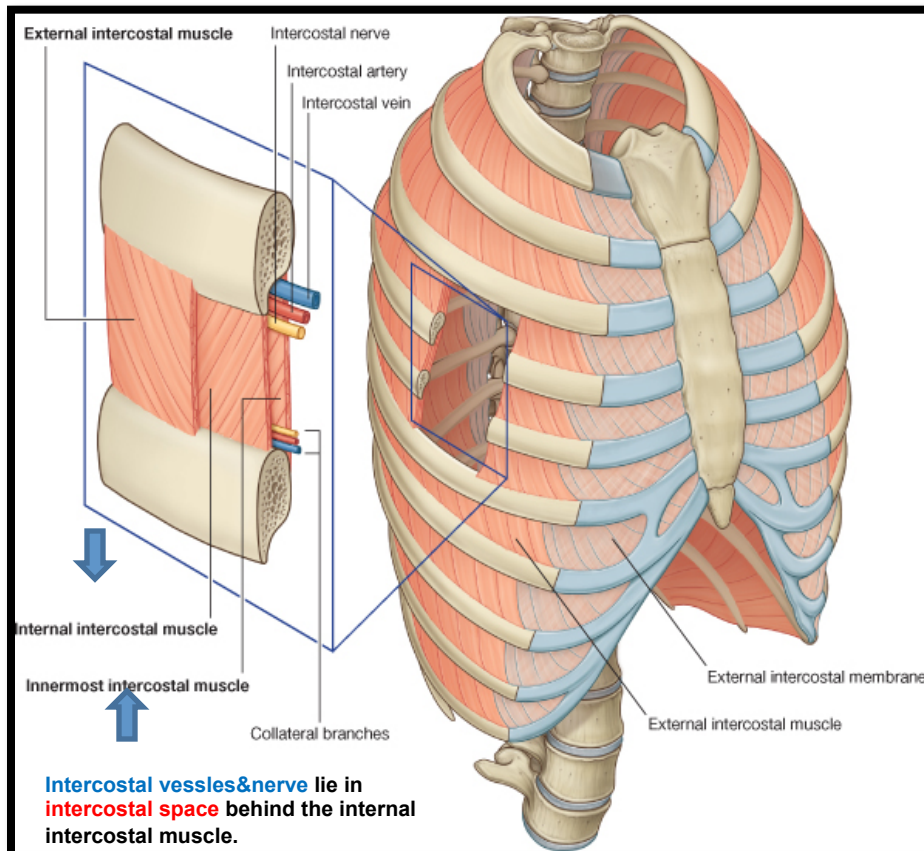
RIB DEPRESSORS: REST OF INTERCOSTAL MUSCLES

1. Internal intercostal
2. Innermost intercostal

Direction: upward & medially

3. Subcostal
4. Transversus thoracis

Nerve supply: intercostal nerves (ventral rami of T1-T11)

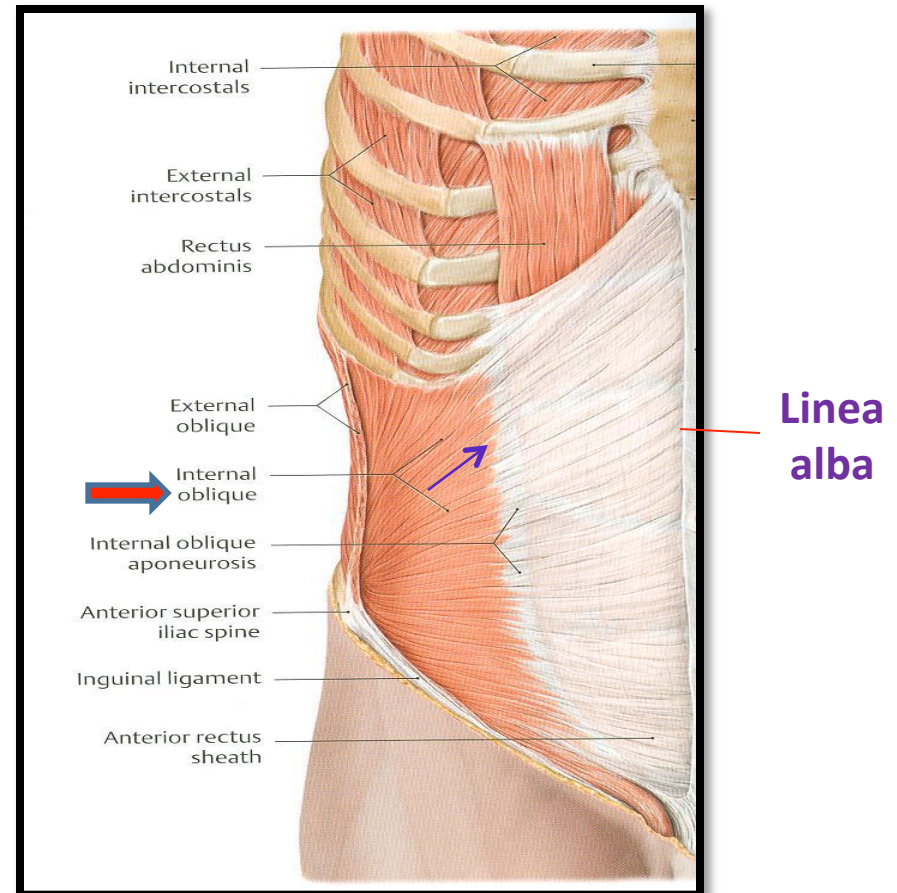
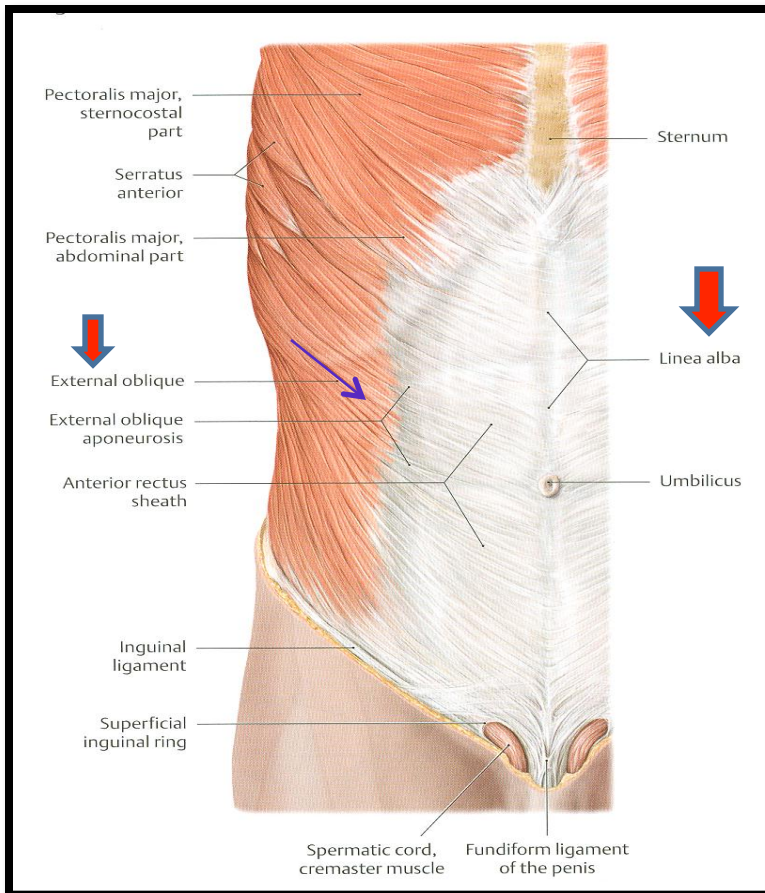


ANTERIOR ABDOMINAL WALL

External oblique (outer layer) Internal oblique (middle layer)

▪ **Direction:** downward & medially

▪ **Direction:** upward & medially



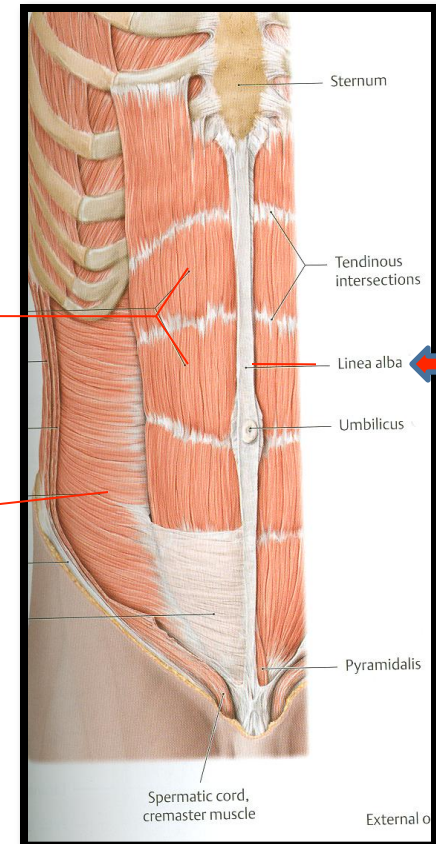
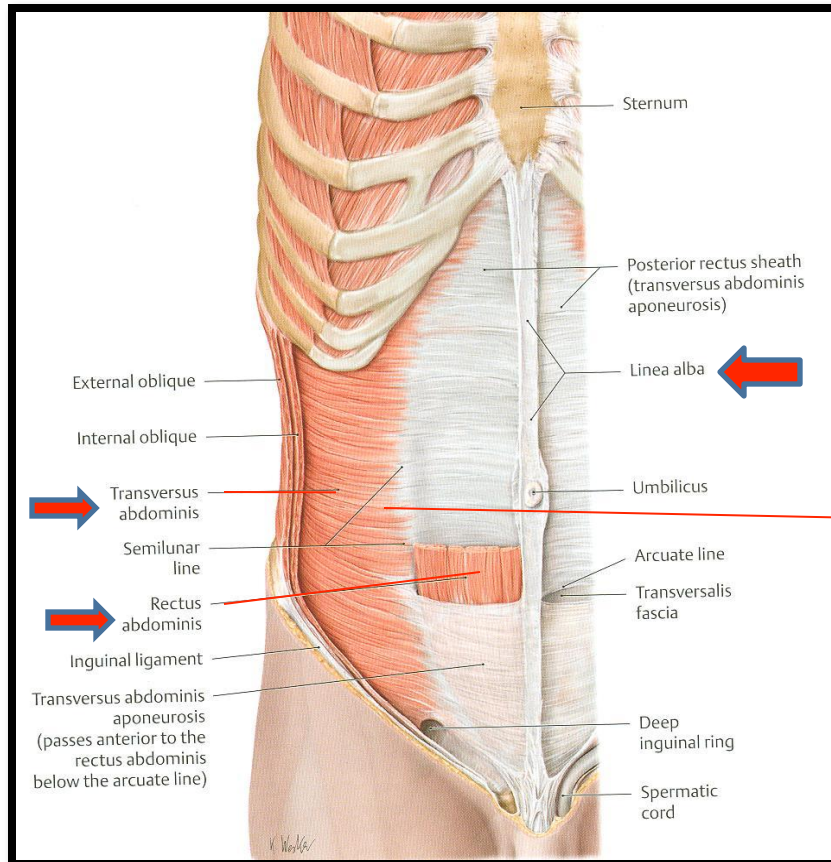
ANTERIOR ABDOMINAL WALL

Transversus abdominis (inner layer)

▪ **Direction:** transverse

Rectus abdominis

▪ **Direction:** vertical



Rectus abdominis

Transversus abdominis

Anterior abdominal wall

- ❑ Is formed of 3 layers of muscles of fibers running in different directions (to increase strength of anterior abdominal wall)
- ❑ The 3 muscles form a sheath in which a fourth muscle lies (rectus abdominis)
- ❑ Muscles are attached to: sternum, costal cartilages and ribs + hip bones
- ❑ The aponeurosis of the 3 muscles on both sides fuse in the midline to form linea alba
- ❑ **Action (during forced expiration):** Compression of abdominal viscera to help in ascent of diaphragm (during forced expiration).
- ❑ **Nerve supply:** lower intercostal nerves (T7 – T11), subcostal nerve (T12) and first lumbar nerve.



THANK YOU